SWAFFHAM URBAN DISTRICT COUNCIL

ANNUAL REPORT
of the
MEDICAL OFFICER OF HEALTH
together with the
REPORT
of the
PUBLIC HEALTH INSPECTOR

1969

STAFF

Medical Officer of Health	:	A. Afnan, M.D., D.L.O., D.P.H., L.A.H.
Chief Public Health Inspector	:	J. Miles, M.Inst.H.E., M.A.P.H.I.
Public Health Inspector	:	R.H.W. Rayner, M.A.P.H.I.

COMMITTEES Concerned with Matters of PUBLIC HEALTH

Finance and General Purposes Committee
Housing Committee
Water Supplies and Sewerage Committee

GENERAL STATISTICS

Area in Acres	:	7,592
Population (estimated at mid-year by Registrar General)	:	4,250
Number of Inhabited Houses	:	1,543
Rateable Value	:	£154,881
Product of 1d. Rate	:	£629

URBAN DISTRICT COUNCIL OF SWAFFHAM

ANNUAL REPORT OF MEDICAL OFFICER OF HEALTH
1969

Mr. Chairman and Members,

I have the honour to present to you my Annual Report on the health service of the District for the year 1969.

The Registrar General's mid-year estimate of population was 4,250. This is 190 more than last year's figure of 4,060.

There were 58 live births, the adjusted birth rate is 12.8.

During the year there were 48 deaths, the adjusted death rate is 11.1. The deaths were mostly attributed to diseases of the heart, blood vessels and malignant neoplasms.

Accidents

Fatal accidents on the road are steadily moving up the list to become one of the top ten causes of death. In 1967, for example, deaths due to motor accidents were at 7,120 - only 400 fewer than those attributed to "hypertension with heart disease".

Written down, added up, analysed and published, the figures are horifically bland; 100,000 fatalities in Europe each year, two-thirds this number again for the U.S.A., 15,000 for Japan. The cure for this disease, as for every other, lies on the other side of an unpredictably long and costly research effort. Indeed, in terms of cost it will almost certainly exceed any programme ever mounted to eliminate a cause of death. The pathology of the road accident, a complexity of physiological, psychological and social disorders, will take a long time to fully understand, even though some of the best brains in the world are steadily being put to work in some of the best equipped laboratories, to solve it. Like the plague, it is burning its way through the population with "Cure" only a remote prospect, and there are no signs yet that gradual control - such as that exercised over tuberculosis for instance - lies in the hands of any healer. But a cure there must be for this man-made disease. The World Health Organisation, in a recent document which passes fairly efficiently over statistics, concludes with a strong recommendation for more and more research. The World Health Organisation's Regional Committee for Europe, at their Budapest Conference, described road traffic accidents as "a public health problem", which will be cut only through intensive research at Government, Industrial University and Hospital level.

Four years ago the Scientific Research Council awarded a grant to the Department of Transportation and Environmental Planning at the University of Birmingham to examine the possibilities of "Systematic investigation of traffic collisions". It sounds more academic than it turned out to be, for Birmingham's has been one of the most fruitful projects ever handled by a University Department. Its report is a dedicated piece of scientific teamwork, which involved on-the-spot studies and the operation of a night and day rota of researchers in constant communication with police and ambulance services. Costs were relatively low, the information output very high.

Its implications bear on highway engineering, car and component design, driver education and medicine. Like most reports it looks ahead to the next study.

Pollution

The danger to health from atmospheric pollution is mainly in the incidence of respiratory disease, principally bronchitis. The extreme case in this country was the London smog of 5th/8th December 1952, to which was attributed the deaths of 4,000 persons in 3 weeks, and a further 8,000 in the next 3 months. This tragedy led to the appointment of the Beaver Committee in 1953 and the Clean Air Act, 1956. There had been previous smog incidents

in 1873, 1880, 1891 and 1948, and others in 1956 and 1962, but extreme cases - when life is at hazard and public opinion is aroused to the point of demanding action - are, fortunately, rare. With less lethal concentrations of pollutants, people who suffer from respiratory diseases, are affected so that they have to stay away from work - according to a 1956 Office of Health Economics Report, 76 million days were lost in a year due to respiratory diseases and, of these, some 40 million were attributed to bronchitis.

Until recently low sulphur fuels were in short supply and relatively expensive, and their compulsory use could hardly be justified economically. This position changed with the discovery of natural gas in the North Sea in quantities estimated to provide approximately 15 per cent of the country's total energy supplies by 1975. We are fortunate that this new indigenous fuel is of excellent quality and practically free from sulphur. Thus, like the U.S.A., Holland and France, we shall be able to use natural gas to reduce atmospheric pollution.

Influenza

The variant of Influenza A2 which emerged in Hong Kong in mid-July 1968, and was expected to hit hard during the winter of 1968/69, did not do so.

Towards the end of 1968 the Department of Health and Social Security recommended widespread vaccination against influenza for those groups of persons likely to be complication victims, but vaccines, including A2 variant, were not ready and, fortunately, the epidemic did not develop.

A warning was given by the World Health Organisation on the 8th December 1969, that this strain of A2 Hong Kong Influenza virus had been circulating the world over the past 12 months and it was obvious that it could visit these shores.

The inability to limit the spread of influenza viruses throughout the world has encouraged Immunologists to direct much time and energy to producing vaccines to enhance individual resistance to infection. When one considers the overall loss to the Nations economy as a result of influenza and common cold absenteeism, then common-sense would seem to indicate that this form of research be given top national priority. The news that the Common Cold Research Unit has developed a live influenza vaccine and that trials of this oral prophylactic are to be instituted is encouraging.

Rubella

Rubella is generally a mild disease with no serious complication. If, however, it is contracted by a woman in the first 3 months of pregnancy there is a 10-15% risk that the baby may be born with serious malformations which include blindness, deafness, heart diseases and mental and physical retardation.

During 1964 in epidemics in the U.S.A., over 20,000 babies were born with defects due to Rubella infections in their mothers. In Britain it has been estimated that about 1,500 women might be expected to contract Rubella in an epidemic year. In a non-epidemic year these figures might be about 500. Small Rubella epidemics are likely to occur as often as every six years in minor forms, but major epidemics at intervals of 8-10 years.

Doctors can now vaccinate against Rubella. The Committee on the Safety of Drugs has cleared an injectable vaccine and Doctors have had letters telling them it is now available on the National Health Service.

The Medical Research Council is still assessing the vaccine and the Joint Committee on Vaccination and Immunisation is considering what would be the best age to vaccinate. The likely duration of the protection afforded by the vaccine available is clearly of importance in fixing the age at which they should be given, from the main aspect of reducing foetal damage.

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Rabies

A widespread outbreak of rabies is threatening Europe for the first time in 50 years. Health Authorities are concerned that the disease is being spread westward across Europe by wild animals. According to a report published by the World Health Organisation, the Netherlands, Ireland and Scandinavia are now the only European territories free from the disease. Human cases are rare in Europe and there is no known cure for the disease, which can lead to acute brain fever, paralysis and death. Injection of serum after a person has been bitten and before the disease takes hold (usually two months or more) generally prevents the onset of the disease. In recent years more than 26,000 people in Europe have had to receive the painful course of injections into the abdomen. Foxes have now become the main carriers of rabies, and this poses a new problem for health authorities, who find it more difficult to control infected wild animals than domestic dogs and cats, which were regarded previously as the traditional carriers. The World Health Organisation and the Food and Agriculture Organisation last year began a three year research programme to study whether the disease could be eradicated in Central Europe by control of the fox population. The World Health Organisation report says that a combination of shooting and gassing can reduce their numbers by 80%.

In Britain, where several cases have been detected among domestic animals in recent months, the import of all dogs and cats from March 12th was banned and a Committee of enquiry set up to examine other possible precautions.

Typhoid

Last year 162 Typhoid cases were recorded in England and Wales, the highest number since 1963. Three people died of Typhoid and three of Paratyphoid Fever of which there were 193 cases. Three-quarters of typhoid cases and more than half of Paratyphoid infections were imported, with several outbreaks amongst holidaymakers and other travellers returning from abroad. The vital importance of typhoid vaccination for people travelling abroad is insufficiently recognised.

In conclusion, I wish to record my thanks to the Chairman and Members of the Public Health Committee for their encouragement throughout the year, and my appreciation of the work of the staff of the department, including the clerical staff, who have always shown themselves willing in the care of public health.

A. AFNAN

Medical Officer of Health

SWAFFHAM URBAN DISTRICT COUNCIL

Table 1 : GENERAL STATISTICS

Area in acres	7,592
Estimated Resident Population	4,250
Rateable Value	£154,881
Sum Produced by a Penny Rate	£629

Table 2 : LIVE BIRTHS

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	27	28	55	730,500
Illegitimate	2	1	3	67,042
Totals	29	29	58	797,542

Live Birth Rate per 1,000 of estimated Resident Population : Crude 13.6
Adjusted 12.8

Table 3 : STILL BIRTHS

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	-	-	-	9,555
Illegitimate	-	-	-	1,107
Totals	-	-	-	10,662

Still Birth Rate per 1,000 Total Births : Nil.

Table 4 : TOTAL LIVE AND STILL BIRTHS

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	27	28	55	740,055
Illegitimate	2	1	3	68,149
Totals	29	29	58	808,204

Table 5 : INFANT DEATHS

(a) Infant Mortality (Deaths of Infants under 1 year)

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	1	-	1	12,694
Illegitimate	-	-	-	1,703
Totals	1	-	1	14,397

Infant Mortality Rate :			
	Total	17	(per 1,000 Live Births)
	Legitimate	18	(per 1,000 Legitimate Births)
	Illegitimate	Nil	(per 1,000 Illegitimate Births)

Table 5 : (b) Neo-Natal Mortality (Deaths of Infants during first four weeks)

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	-	-	-	8,494
Illegitimate	-	-	-	1,109
Totals	-	-	-	9,603

(c) Early Neo-Natal Mortality (Deaths of Infants under one week)

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Legitimate	-	-	-	7,266
Illegitimate	-	-	-	966
Totals	-	-	-	8,232

Early Neo-Natal Mortality Rate : Nil (Per 1,000 Total Births)

Table 6 : DEATHS (All Ages)

	Swaffham U.D.C.			England & Wales
	Male	Female	Total	
Deaths - All Ages	21	27	48	579,463

Death Rate : Crude 11.3 (Per 1,000 of estimated Resident Population)
Adjusted 11.1 (Per 1,000 of estimated Resident Population)

Table 7 : CAUSE OF DEATH OF INFANTS UNDER ONE YEAR

	Male	Female	Total
Intestinal Obstruction & Hernia	1	-	1

Table 8 : DEATH ACCORDING TO AGE GROUP

	Male	Female	Total
Under 4 weeks	-	-	-
4 weeks and under 1 year	1	-	1
1 year and under 5 years	1	-	1
5 years and under 15 years	-	-	-
15 " " " 25 "	-	-	-
25 " " " 35 "	-	-	-
35 " " " 45 "	-	-	-
45 " " " 55 "	2	-	2
55 " " " 65 "	4	6	10
65 " " " 75 "	8	8	16
75 " " over	5	13	18
Totals	21	27	48

Table 9 : CAUSES OF DEATH (All Ages)

		Male	Female	Total
B19(4)	Malignant Neoplasm, Intestine	-	2	2
B19(6)	Malignant Neoplasm, Lung and Bronchus	-	1	1
B19(7)	Malignant Neoplasm, Breast	-	1	1
B19(8)	Malignant Neoplasm, Uterus	-	4	4
B19(11)	Other Malignant Neoplasms	2	1	3
B26	Chronic Rheumatic Heart Disease	-	1	1
B28	Ischaemic Heart Disease	7	4	11
B29	Other forms of Heart Disease	2	2	4
B30	Cerebrovascular Disease	2	5	7
B46(5)	Other Disease of Circulatory System	2	1	3
B32	Pneumonia	1	3	4
B46(6)	Other Diseases of Respiratory System	1	-	1
B34	Peptic Ulcer	1	-	1
B36	Intestinal Obstruction and Hernia	1	1	2
B46(9)	Diseases of Skin, Subcutaneous Tissue	-	1	1
B42	Congenital Anomalies	1	-	1
BE47	Motor Vehicle Accidents	1	-	1
	Totals	21	27	48

Table 10 : NUMBERS OF INFECTIOUS AND OTHER NOTIFIABLE DISEASES

Disease	Under 1	1	2	3	4	5-9	10-14	15-24	25 over	Total
Measles	-	-	-	-	-	1	-	-	-	1

Table 11 : TUBERCULOSIS REGISTER

Year	Respiratory			Other			Grand Total
	Male	Female	Total	Male	Female	Total	
1969	6	5	11	-	-	-	11
1968	6	5	11	-	-	-	11
1967	6	5	11	-	-	-	11
1966	6	3	9	-	-	-	9
1965	6	3	9	-	-	-	9

Table 12 : TETANUS IMMUNISATION - Health Area 6

	Year of Birth						Totals
	1969	1968	1967	1966	1962-1965	Others Under 16	
Primary	72	348	51	15	18	26	530
Booster	1	108	215	54	359	287	1024
Totals	73	456	266	69	377	313	1554

Table 13 : DIPHTHERIA IMMUNISATION - Health Area 6

	Year of Birth						Totals
	1969	1968	1967	1966	1962-1965	Others Under 16	
Primary	71	348	51	15	17	4	506
Booster	1	108	215	51	332	118	825
Totals	72	456	266	66	349	122	1331

Table 14 : WHOOPING COUGH IMMUNISATIONS - Health Area 6

	Year of Birth						Totals
	1969	1968	1967	1966	1962-1965	Others Under 16	
Primary	65	345	49	14	12	-	485
Booster	-	104	199	41	135	9	488
Totals	65	449	248	55	147	9	973

Table 15 : ORAL POLIOMYELITIS - Health Area 6

	Year of Birth						Totals
	1969	1968	1967	1966	1962-1965	Others Under 16	
Primary	67	351	61	14	29	4	526
Booster	-	84	126	31	367	75	683
Totals	67	435	187	45	396	79	1209

Table 16 : MEASLES VACCINATION - Health Area 6

	Year of Birth						Totals
	1969	1968	1967	1966	1962-1965	Others Under 16	
Single Dose Only	1	139	97	94	128	25	484

Table 17 : SMALLPOX VACCINATION - Health Area 6

Age at Date of Vaccination	Numbers Vaccinated	Numbers Re-vaccinated
0 - 3 Months	1	-
3 - 6 "	-	-
6 - 9 "	-	-
9 - 12 "	-	-
1 Year	264	1
2 - 4 Years	149	10
5 - 15 "	48	79
Totals	462	90

SWAFFHAM URBAN DISTRICT COUNCIL

PUBLIC HEALTH INSPECTOR'S REPORT FOR THE YEAR 1969

HOUSING

The Council made a significant contribution to the stock of new housing during 1969 by building a variety of dwellings on three different sites. The main programme, at The Paddocks, comprised 16 three-bedroom houses and 10 one-bedroom bungalows. In-filling on land cleared of sub-standard houses provided sites for a group of 4 one-bedroom flats at Theatre Street and 2 two-bedroom houses on Globe Hill. Houses are currently under construction at The Paddocks, and land has been acquired to the south of Queen Street for development during 1971.

A pronounced fall (obviously of a temporary nature) was evident in the number of dwellings built by private enterprise; only 39 being added during the year. This was not due to any lack of services or suitable building land, and one can only assume that high interest rates made mortgages difficult to obtain for the income group normally dependent on this method of financing for house purchase.

Every application for an Improvement Grant which reached the stage of formal submission was approved, though the response to national and local publicity on this aspect of housing policy was disappointing. With few exceptions, the applicants were owner-occupiers of properties. One was forced to the conclusion that owners of rented accommodation had not been convinced that the system of grant-aided improvements provided a reasonable investment return under existing rent control legislation.

Six houses were demolished and one closed under an Order. When so much is being said and written on this subject, it was an ironic comment on the times that the only occasion which caused hardship was the refusal of an owner's request for a Closing Order on some of his properties. This seemed a strange reversal in our role in an age of planned obsolesence.

SEWERAGE AND SEWAGE DISPOSAL

It is with satisfaction that in this, my last Annual Report, I am able to record that on the 10th October, 1969 the new outfall sewer and the first stage of the new treatment works came into use. During 1970 the whole of these works will be completed and the land irrigation system which lasted nearly a century will disappear; I trust without trace.

The construction of the works coincided with a period of unprecedented population increase, with the consequence that the plant which was designed for a population of 4,000 people is already having to cope with a figure in excess of this estimate. The Council reacted to the situation with commendable realism and instructed their Consultants to design works capable of serving a town of 8,000, with added provision for further industrial expansion.

Another problem, referred to as far back as the 1957 Report, was partially dealt with during 1969. The main sewer from New Sporle Road to its junction with the main outfall sewer at Dulgate Lane surcharged and flooded after an even moderate storm. The sewer functioned as a combined sewer serving more than a third of the built-up area, and it was decided to separate storm water from the foul sewers throughout this area and construct a system of storm water drainage discharging to boreholes at three points in the town. The second part of the problem, namely the poor condition of the sewer from Norwich Road to Dulgate Lane, has been referred to the Consultants with the expressed intention of providing for a comprehensive improvement of this part of the drainage system to be included in the new scheme now being prepared.

Dealing now with the more modest subject of night soil collection, the report is of still more progress towards the ultimate elimination of this form of sanitation. By constant pressure and a generous policy of grant-

assistance, the number of pail closets could be reduced to approximately 30 during 1970, and of these, only about a dozen are situated in the sewered area of the town.

WATER SUPPLY

The maintenance of the water undertaking was delegated to the Council by the newly formed Board, pending the setting up of an adequate organisation by the Board for the management of their large and scattered area of activity. The many major improvements carried through by the Council in recent years made this a relatively trouble free duty. Ample storage, increased sizes of mains and plenty of water of unquestionable standards ensure that the undertaking to be handed over will be an asset to the Board and should present them with few major problems in the first few difficult years which, of necessity, always accompany such a radical change in an essential public service.

FOOD HYGIENE

Mr. Rayner, who has been mainly responsible for the day to day supervision of this subject has supplied the following report :-

" Time taken up on meat inspection duties continues to account for much of my working day. Records for the past seven years reveal that an annual gross total of 30,000 animals have been slaughtered at the local abattoir.

Under modern day legislation and its allied memoranda containing the criteria to be taken into consideration during the inspection of meat; every part of these 30,000 animals, from the carcass to the offal (including the prohibited offal which the public never sees) must be inspected.

The statistics reveal, yet again, a decline in the incidence of tuberculosis, particularly that of the bovine strain. Unfortunately, no such decline is true of non-tubercular diseases and FASCIOLIASIS, ASCARIASIS, together with Pneumonia in pigs, has shown an alarming increase.

The apathy which exists at producer level towards conditions which do not show markedly in the final product, is costing the economy countless thousands of pounds annually.

To report that several cases of food complaint were received during the year would seem almost insignificant by comparison, but each summer season sees a rash of mouldy or "off" products, many of which, after investigation, point towards careless handling in the home. Other cases reveal too little information on which to proceed or an unwillingness of a complainant to testify should legal proceedings prove necessary. "

OFFICES AND SHOPS ACT

Though a few changes have occurred in the classification list, the total number of registered premises remained unaltered at 72. No accidents were reported and no formal action was found necessary to maintain the standards laid down by the Act. Every registered property has been inspected to date.

PEST CONTROL

The cost of this work more than doubled as a result of far greater activity, both on properties and at the refuse tip which now, for the first time for many years, is relatively clear of rats.

ADMINISTRATION

We have been fortunate in retaining the same small team to carry out our duties in the sphere of public health, and I would like to think that we have worked efficiently and in the true sense of public service.

This will be the thirty-fifth and last Report which I have made in this capacity, and it is with pleasure and satisfacction that I am able to say that I have never enjoyed more loyal support than I have received from my

friend and colleague, Mr. Rayner; nor could I have wished for more generous treatment than that which I have consistently received from the Council I have endeavoured to serve for the past seventeen years.

JOHN MILES

Chief Public Health Inspector

CERTIFICATE OF ANALYSIS OF WATER

Cert. No. W.43 30th October, 1969
Lab. No. 8863/W

Sample received 8th October 1969 from Swaffham U.D.C.

Marked Mains water, Lynn Street P.S.

Appearance when received Clear

Nature of Deposit Nil

Colour Nil Odour Nil

Reaction Neutral pH 7.0 Taste Satisfactory

RESULTS OF CHEMICAL ANALYSIS IN PARTS PER MILLION

Ammoniacal nitrogen	neg. trace	Hardness as $CaCO_3$:	
Albuminoid nitrogen	neg. trace	Total	400
Nitrate nitrogen	18.0	Carbonate (temporary)	275
Nitrite nitrogen	nil	Non-carbonate (permanent)	125
Chloride as Cl	42	Alkalinity as $CaCO_3$	275
Permanganate Value (4 hr.)	0.08	Free carbon dioxide	34
Fluoride as F	Nil	Total solids (at 180°C)	555
		Iron (total)	0.12
		Metals in solution lead, copper, zinc:	nil

OPINION

This water is of very good organic quality and there is no chemical evidence of pollution, though the nitrate content is rather high for a public supply. Fluoride appears to be completely absent from this water. Its analytical characteristics as a whole are satisfactory and in our opinion it is suitable for drinking and general purposes.

(Sgd.) E.C. Wood

for Lincolne Sutton and Wood Limited.

PUBLIC HEALTH INSPECTOR'S REPORT FOR THE YEAR 1969

PUBLIC HEALTH INSPECTION OF AREA

Item	Description	Inspections	Notices Served	Nuisances Abated
1	Offices, Factories and Workshops	21	-	-
2	Bakehouses, Foodshops, Markets and Abattoir	340	-	-
3	Housing Defects (Housing Act, 1957)	17	5	4
4	Middens, Ashpits and Bins (Public Health Act 1936)	22	-	-
5	Infectious Diseases	-	-	-
6	Dangerous Buildings	3	2	2
7	Rodent Control (Pests Act, 1949)	57	-	-
8	Tents, Vans, Sheds, etc.	8	-	-
9	Water Supply	22	-	-
10	Drains, Cesspools, Vaults, Pail and Water Closets and Drainage of Premises	131	-	-
	TOTALS	621	7	6

NOTE:- Council house inspections are not included in this table, and though meat inspections call for two or three visits per day to the same Slaughterhouse, this is recorded as a single inspection in the summary.

PUBLIC HEALTH INSPECTOR'S REPORT FOR YEAR 1969

CARCASES INSPECTED AND CONDEMNED

Item	Description	Cattle	Calves	Sheep and Lambs	Pigs	Total
1	Number killed and inspected	5155	1	7891	16132	29178
2	All Diseases Except Tuberculosis Whole Carcases Condemned	-	-	3	1	4
3	Carcases of which some part or organ was condemned	2107	-	730	3070	5907
4	Percentage of the number inspected affected with a disease other than Tuberculosis ignoring broken legs or tissues defective from fighting, fences, etc.	40%	-	9%	19%	20.3%
5	Tuberculosis only Whole Carcases Condemned	-	-	-	-	-
6	Carcases of which some part or organ was condemned (taking into account that the offal, head and tongue etc. may be parts of one animal)	3	-	-	131	134
7	Percentage of the number inspected affected with Tuberculosis	.06%	-	-	.8%	.45%
8	Average number of animals slaughtered per week	99	.02	151	310	560
9	Percentage examined by the Meat Inspector	100%	100%	100%	100%	100%

35 Carcases were found to be affected with Cystircercus Bovis during 1969. In each case the recommended cold storage treatment was carried out in the usual way.